

Helpful Phrases for Saying "No"

- I can't give you an answer right now, will you check back with me?
- I want to, but I'm unable to.
- I'm not able to commit to that right now.
- I really appreciate you asking me, but I can't do it.
- I understand you really need my help, but I'm just not able to say yes to that. I'm so sorry.
- I'm going to say no for now. I'll let you know if something changes.
- I'm honored that you would ask me, but my answer is no."
- No, I can't do that, but here's what I can do . . .
- I just don't have that to give right now."